

# Quarantine Tracker

COUNTING THE DAYS*						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Date of Last Contact	DAY 1	DAY 2	DAY 3	DAY 4	Neg. PCR Test Req'd DAY 5
Neg. PCR Test Req'd DAY 6	DAY 7	Leave Quarantine				

**For 7-day quarantine:** date of last contact with an infectious person is Day 0, then count 7 days.

On Day 8, you are released from quarantine provided you have received a *negative* COVID PCR test 48 hours prior to day 7 (day 5 or 6).

People who cannot wear a mask or socially distance, must quarantine for a full 14 days.

\*This chart is meant for reference purposes only. Our contact tracing team may recommend a different quarantine period based on individual circumstances.